

## **Abstract**

**Title of Diploma Thesis:** Pupils' movement activities in a class with the rehabilitative educational programme in a special elementary school

**Aim of Diploma Thesis:** The goal of this diploma thesis is to specify the possibilities of using the movement activities and the Snoezelen method for the development of pupils with serious and deep mental retardation in the rehabilitative class of the Special Elementary and Nursery School in Rakovník. This aim is reached through the analysis and implementation of the rehabilitative PE classes. Another goal of this diploma thesis is to evaluate the suitability of the Snoezelen method for the pupils of the rehabilitative class and to make the movement activities part of the pupils' visualized daily schedule so that they become part of their weekly structured programme. Regular PE lessons should positively influence the weight loss of pupils with serious mental retardation. Another aim of this diploma thesis is to make a DVD with the videorecording of exercises which the chosen pupils from the rehabilitative class can do at home.

**Methods:** Casuistry was used by six pupils from the rehabilitative class of the special elementary school. Direct observation was used to prove the suitability of the Snoezelen method and the newly formed rehabilitative PE lessons. Body Mass Index was applied to state the variation from the ideal weight. A questionnaire and a half-structured interview with the parents of chosen pupils were employed to learn about the participation of pupils in after-school movement activities.

**Results:** The thesis discovers the suitability of the Snoezelen method for five of six pupils in the class with the rehabilitative educational programme. The gained knowledge proves the suitability of structured PE lessons for pupils with serious cephalonia, the possibility of exercising in groups and the importance of personal approach towards the pupils with deep mental retardation. However, the regular movement activities in the structured rehabilitative PE lessons did not result into the five percent weight loss by the pupils with serious mental retardation. Thanks to the DVD with the movement activities three of four pupils with serious mental retardation started to exercise at home.

**Key words:** mental retardation (cephalonia), autism, structured teacher, rehabilitative PE lessons, Snoezelen